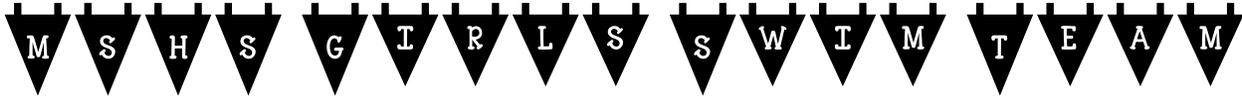




GETTING STARTED WITH



Most girls have a lot of questions as they begin their first season as a high school athlete. Here are some frequently asked questions—and their answers!—to help get you started . . .

How do I register?

→ Early registration is open from June 1-19 at the school district website. Athletes will need a current physical on file *before they are permitted to practice*, so this is a very good thing to schedule early. All the information you need can be found here: <http://www.svsd410.org/site/Default.aspx?PageID=1003>

How much does it cost to participate?

→ Athletes pay a participation fee of \$200 for one sport. There are some *additional costs*, however. At the first practice, we will have swimsuits on hand for sizing and ordering. These team suits usually run about \$60. Also, the girls purchase a team swim cap for roughly \$10. Coach is working on a Team Spirit Wear design/order that will be available for purchase—stay tuned. Lastly, we try to schedule a team portrait and individual pictures early in the season. You are not required to buy any, but they are available for purchase, should you choose to order. In some years, girls have also done Team Buddies, which requires nominal gift/treat purchases on meet days.

Who are my coaches?

→ Coach Stewart is currently the MSHS Girls Swim Coach. Carly Petrzeka is our Assistant Coach.

Where do we swim?

→ TPC Pool on Snoqualmie Ridge (contingent on an annual agreement between the school district & TPC). Our first couple weeks of practice are at Boehm Pool in Issaquah due to unavailability of the TPC Pool during the Boeing Classic Golf Tournament.

When do practices start? What time of day are they held?

→ The first day of practice will be Monday, August 21, 3:15-4:30 at Boehm Pool in Issaquah. We will be at Boehm from 8/21- 9/1. There is no practice on Labor Day. Practices resume on 9/5 at TPC, but the time is yet TBD. (Some years we have had a week or so of evening practices from 7-8:30 until TPC closes to its membership mid-September. Should we need to adjust our practice times, you will be notified by Coach on your Remind app.

What should I bring to practice?

→ A suit, swim cap, towel and water bottle.

Do we have a team suit or uniform?

→ Yes, families will be responsible for ordering/purchasing a team suit at the first practice. We get our orders in as quickly as possible so that girls can wear the suits at their first meet. We also have a team swim cap.

How do I get to practice?

→ You will need to arrange your own rides to and from practice until after Labor Day. After that, the district helps make arrangements for students to catch a school bus route up to the TPC entrance. The bus picks up at both the Freshman and Main Campuses. You must get a ride home after practice, as there are no activity buses.

When and where are meets?

→ All regular season meets are held during the school week. The meets for 2017 are posted to the King Co Athletics website, a good one to bookmark for easy reference:

<http://www.kingcoathletics.com/index.php?pid=0.7.0.13.221&sid=7049> . Anticipate most meets starting directly after school. Our home meets have been held at either TPC Pool or Boehm Pool (Issaquah). School buses take the athletes to the meets, but swimmers must make arrangements to get a ride home.

What events are offered at high school meets?

→ Athletes may swim up to 2 individual and 2 relay events per meet. Which events a swimmer participates in is decided by the coach, with input from the athlete. All regular season meets follow the same format. The typical order of events are as follows: →

Event	STATE	District	KINCO
200 Medley Relay	1:55.90	1 Entry	Entry
200 Free	1:59.90	2:15.90	2:31.90
200 I.M.	2:14.50	2:34.50	2:49.00
50 Free	:25.20	:28.20	:30.40
Diving	315/11.6	225/11	225/11
100 Fly	1:00.80	1:10.80	1:21.70
100 Free	:55.00	1:03.00	1:08.90
500 Free	5:22.00	6:02.00	6:39.50
200 Free Relay	1:44.00	1 Entry	Entry
100 Back	1:01.10	1:11.10	1:19.90
100 Breast	1:09.90	1:19.90	1:28.30
400 Free Relay	3:47.50	1 Entry	Entry

When does the season end?

→ Regular season practices and meets will go until the end of October. For those qualified to swim, or invited to participate on a team relay, there are several post-season meets. KingCo League Championships are October 26-28 at UW Pavilion Pool (prelims) and Kamiak High School (finals). District Championships will be November 3-4 at Mary Wayte Pool on Mercer Island. State Championship is November 10-11, 2017 at King County Aquatic Center. Sample qualifying times for 2015 are pasted in a chart above.

Are there requirements for participating in meets?

→ Yes! In order to participate in the very first meet of the season, an athlete must have *10 practices minimum* in. There is not generally a lot of wiggle room on this for missing practices (not having physical done, etc), so it is best to plan to make each and every practice, especially in the early season so you can compete from meet #1. After that, an athlete must attend the practice the day before a meet in order to swim in it.

Do we have team social gatherings?

→ Yes, our captains generally try to plan for some fun team building activities during our season. A team dinner, a project, etc. These will get scheduled and announced once the season starts.

How do I keep up to date on team happenings?

→ Check our website for updates and get on our email distribution list. <http://mshsswimanddive.weebly.com/>

How can parents be involved?

→ It takes a whole team effort to host our home meets, so there are many volunteer opportunities for parents—timers, officials (training required), set up, etc. Also, we need to volunteers to help coordinate Senior Night, Fundraising, and our End of Season Banquet. Coming to cheer on your daughter at meets is another wonderful way to support the team and show your Wildcat pride!